

**In the Claims**

16. A sole, comprising:  
a first material;  
a second material having at least two sections; and  
each section being spaced apart from an adjacent section by placing said first material between said each section and said adjacent section.
17. The sole according to claim 16, wherein said sole further comprises a top surface and a bottom surface.
18. The sole according to claim 17, wherein said first material extends from said top surface to said bottom surface.
19. The sole according to claim 17, wherein said first material extends from said top surface to a location between said top and bottom surfaces